

Newsletter July 2010 Weight loss Part 3

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Dear Customers,

Weight loss 3

We have had more and more positive feed back about HCG. We have had reports from both men and women, reporting fat starting to come off places they have struggled with before. We are very please to hear that.

Some people have also reported that upping the dose from 5 drops 3 times day, to 15 drops 3 times a day seems to stimulate even more weight loss.

Please let us know of you experiences with HCG so we can share that information.

Search for 8010 at www.goodvitality.com HCG 50 ml for £15 enough for 2 months

I want to give some more tips about weight loss that I hope you will find helpful.



5 useful tips based on scientific research.

1. Don't skip meals. If you do you will up the levels of the hormone Grenalin. This hormone is not good as it will stimulate your desire for fatty food and high calorie density food. So don't skip meals as this will make you hungrier, and you will ultimately eat more.
2. Plate size. Cut your plate size down from 12" to 10". This is so simple, but studies have shown it can cut down your eating by 22%. We all tend to eat what's on our plate or leave some of it habitually. So to have less on the plate in the first place will mean we eat less, such a simple way to lose a few pounds with no effort.
3. What goes on your plate. Very few of us are calorie aware. You need to get used to counting the calories in your food. For example a big fruit salad will contain the same number of calories as a chicken dinner or one sandwich. Which would you prefer a proper chicken dinner or a big fruit salad? Be very cautious about dressings and sauces they are often laden with calories, as are fruit juices, they contain more calories than beer! So look at the calories in your food - it's the only way. Just remember a 250ml glass of orange juice contains about 300 calories. This take a few moments to drink, but it would take you 30 minutes hard work on a cross trainer to burn it off!!
4. I am doing all the right things and eating all the right food - yet I am still not losing weight. Sorry think again you are not calorie counting accurately. Weight the food and re-assess your calorie counting!!
5. Eat foods that keep you fuller for longer. So eat more protein they keep you fuller for longer and ultimately you will eat less calories. Protein stimulate the production of another hormone, this hormone, known as peptide YY (PYY), was earlier found by the researchers to reduce food intake by a third in both normal-weight and obese people.

I will give you five more tips in the next newsletter but for the moment make full use if these scientifically proven ideas to help you lose weight.

More great reports on the benefits of Phytolacca Berry tincture

If you suppress your appetite before you get to mealtime you will ultimately eat less.

Remember the only way you will lose weight is to eat less.



We have more customers telling us how effective Phytolacca berry is at suppressing their appetite.

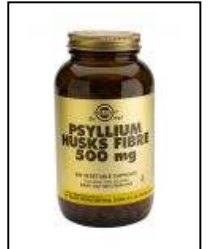
Search for 8020 50ml for £15 - enough for almost 3 months

Bowels and weight loss

This is a tricky subject - people don't like to talk about their bowels however they can be key to help you losing weight.

The first thing to do is to work out your clearance time, this is the time taken for you to eat something and it appears at the other end (try sweet corn!). This should be around 24 hours. If it is longer than this the likelihood is that you will find it more difficult to lose weight and you generally will be more toxic and have less energy.

So how do you improve it? Well the first thing is to check your fluid intake – you need to be having 1.5ltrs of water minimum, then you need fibre in your diet to maintain water balance in your bowel and improve stool quality. To do this you can take Psyllium husk capsules



Search for 2315 200 caps 500mg for £12.46

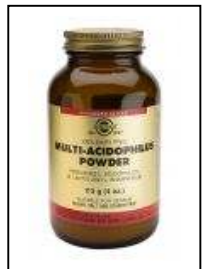
Take 5 capsule per day spread through out the day (take three of them before meal times with your Phytolacca berry tincture – this really helps).

BUT do not take them if you are not going to drink the fluids taking fibre without water has the opposite effect and will make you constipated.

You may also want to consider colonising your bowels properly if you suffer from excess flatulence/constipation, again this will also speed up the rate at which you can lose weight.

Search for 1786 Multiacidophilus powder 113g for £17.87 enough for 1 month

Why this type of Acidophilus, well it is a very highest potency of Acidophilus and can be taken in water or sprinkled on any cold food so it is very easy to take and does not contain gelatine!! The benefits are usually seen within a week or so; the bowel becomes more regular and you become less gassy and your clearance rate improves. All helping you to shed those pounds.



Reduce your varicose veins by 33% in just 2 weeks.



Are you about to go on holiday and worried about the look of your varicose veins. Well known studies have shown that you can reduce the size of your veins by up to 33% in just two weeks using Aesculus hippocastanum. This herb increases the contraction of the elastic fibres in the vein wall. It has also been shown to reduce the capillary fragility by reducing the number and sizes of the pores in the capillary cell walls.

Not only is it good for varicose veins but also oedema (swelling), “heavy legs” and even cold feet.

We supply this as a special tincture for rapid absorption and hence quick results.

Take 20 drops 4 time per day, for best results take it away from food, ideally 2 hours after eating and then nothing more to eat for another 30 minutes.

The 50 ml bottle contains approximately 2500 drops enough for a month.



Search for 7020 50ml for £8.17

ON SALE - Clarks 9v auto-timed, sweeping frequency Zapper, NORMAL PRICE £88.72 now 20% off at £70.97 search code 5203

FREE sample of Insect Repellent cream with orders until the end of July 2010